

What's a Girl To Do?



Before we go on to the next section let's talk about what girls can do about these things. Discuss in your groups what you can do and make a list. Each table can share several ideas with the group.



Be careful how you dress.

- ▶ Shirt doesn't quite cover your jeans? Wear another shirt underneath. Layering actually makes you look thinner.
- ▶ Spaghetti straps? Wear a sweater, hoodie or shrug over it.
- ▶ Low cut neckline? Wear a shirt underneath with a higher cut. It will cause eyes to automatically look up.
- ▶ Steer clear of too-tight jeans, short shorts and micro minis. Skip shorts and pants with words across the bottom.
- ▶ Ask a trusted guy, your dad (or husband), what he thinks of your outfit.
- ▶ Do the stretch test. Stand in front a mirror and stretch your arms over your head. Bend over and touch your toes. Does movement reveal skin?



Know that guys want more than just beauty.

“Besides ‘wear sunscreen’ and ‘tip well’, my advice to teen girls is, understand your identity. You are a valuable creation of God with an awesome future ahead of you. Understand where you’re going, or you’ll always be looking for guys to make you content. Quit buying into the lies of the media on how to dress and act, and don’t be afraid to stand apart from the crowd.”

—quote from a college guy in *For Young Women Only* by Shaunti Feldham

When the *For Young Women Only* survey asked,

TV and magazines glamorize a particular kind of girl that everyone seems to agree is hot. Despite this image, do you find yourself attracted to other kinds of girls, such as any of the following?

the pretty but unglamorous “girl next door”
the “plain Jane” who is a fantastic athlete
the sweet girl who never made an enemy
the stocky girl with a hilarious sense of humor

Nine out of ten guys said they'd be attracted to all different types of girls. And that number was almost ten out of ten among Christian guys who attend church regularly. They're not looking for the "perfect looking" girl. They want a real girl with a real personality whom they can enjoy being with. Someone they can talk to and trust. And they don't understand why girls won't believe them on this one!



Understand that while a guy doesn't want perfection, he does want a girl to care.

This was a fact that crossed age lines. Young men and adult men both agreed that it was important to them to see a girl or woman taking care of herself. Many husbands said (in *For Women Only*) that it made them feel cared about when their wives cared about their appearance.



What was the number one message guys who took the *For Young Women Only* survey wanted girls to know?

**“Be yourself, because you are more
valuable than you think.”**



We're going to end this section with a prayer time asking God to help us value ourselves for who He created us to be, and to understand our influence on other people and make appropriate decisions about how we choose to dress.